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Preventing Dehydration

Continuing fluids is very important to avoid dehydration when you are vomiting or have diarrhoea

If vomiting always remember to sip slowly, 10ml every 10minutes (if this is not tolerated, contact your doctor).

- 1 Ice or water are always first choice. If you are diabetic, you may need some carbohydrate/sugar to avoid a hypo (low BG level), check your BG level.
- 2 Limit or avoid caffeine as it can make nausea & vomiting worse
- 3 Consider oral rehydration solutions (ORS) such as Gastrolyte® to help replace fluid and electrolytes.
- 4 ORS have relatively low carbohydrate/sugar so extra carbohydrate/sugar might be needed to avoid a hypo (low BG level). Check your BG level more often.
- 5 ORS ice blocks are available and contain enough glucose and salts to improve fluid balance.
- 6 Highly sugared drinks should be limited if you have diarrhoea as it can make it worse.
- 7 Avoid high fat drinks e.g. milk as it can make diarrhoea worse